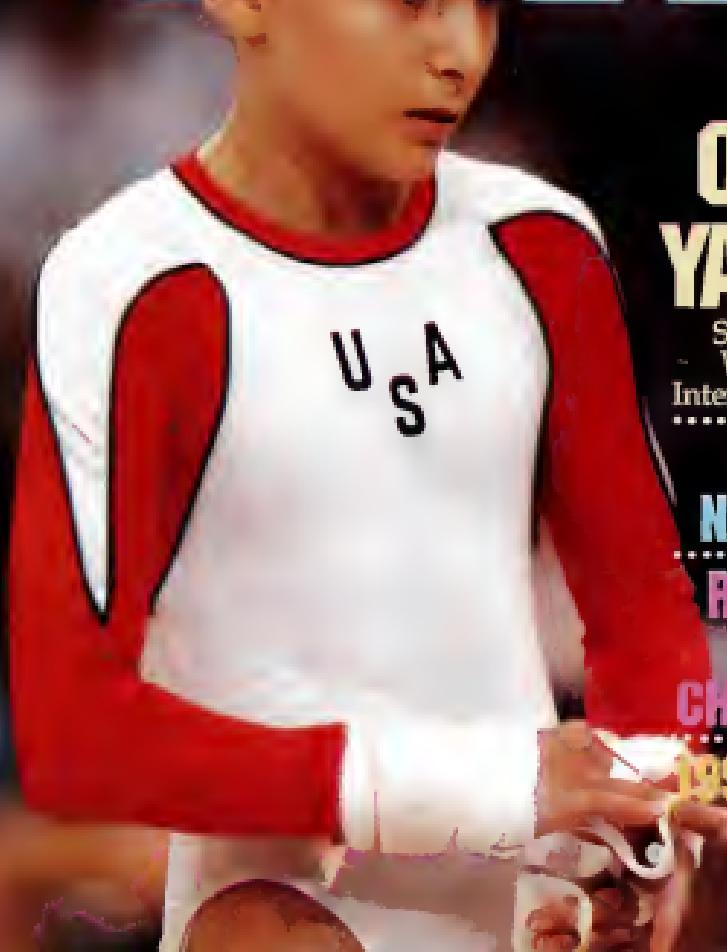


GYMNASTICS



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Shannon Miller
Wins Her First
International Title.

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TOUR OF
CHAMPIONS
1990 WORLD
CUP



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CHRIS WALLER

UCLA's Chris Waller was the 12th man on a 13-man team in 1989. Today he is the No. 2 ranked gymnast in the country. He also won two bronze medals on rings and pommel horse at the 1990 Goodwill Games. 26

1990 WORLD CUP

The Soviet Union's Tatjana Lenzenko and Valeri Belenky earned the all-around gold medals at the 1990 World Cup competition. Beandy Johnson is back—placing fifth in the all-around. 32

QUEEN YANKEE

Shannon Miller of Dynamo Gymnastics in Edmond, Okla., won her first international title at the 1990 Catania Competition in Catania, Italy. Miller was dubbed the "Queen Yankee." 34



Winter Nationals Champion — Patrick Kirksey, page 26

WINTER NATIONALS

Patrick Kirksey narrowly defeated 1988 Olympian Dominick Mancuso at the 1990 Winter Nationals competition. The Winter Nationals re-ranked the U.S. Senior National Team, which is now 21 members strong. 26

REVO '90 TOUR OF CHAMPIONS

The past, present and future gymnastics stars came together to showcase our sport at its best. 28

BETTY OKINO

Betty Okino, from Kurey's, is the No. 2 ranked gymnast in the United States. She was the top finisher for the U.S. at the Goodwill Games and placed fourth in the all-around overall. In addition, she helped the U.S. team earn the silver medal. 30

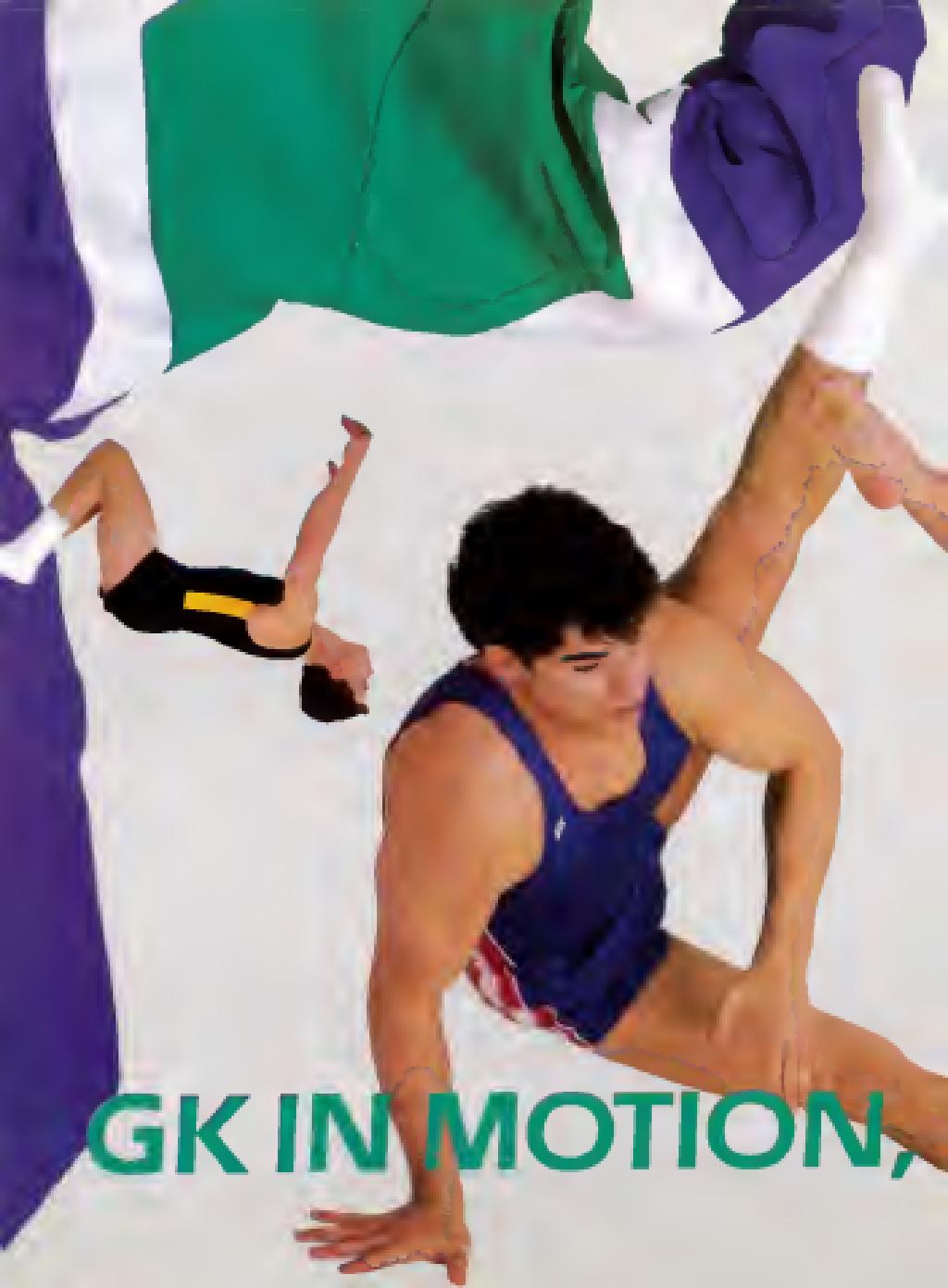
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DEAR MARY LOU,

I have two of the books written about you and in one of them it says you begged your mom to let you go train with Karydy's. Now that you have achieved your goals of Olympic victory, do you think your parents should have tried to find better training for you sooner? I am the parent of a promising young gymnast. She has her heart set on the 2000 Olympics. Now my question, how do parents decide, and at what point in a gymnast's life should parents decide, on a new gym that can make the opportunities available to her when she earns them?

My daughter develops loyalties and bonds to coaches she works hardest with so we went her to be where she can develop that relationship, it makes her stronger and try harder. So give the parents some advice. We need guidance, too, not only on choosing a coach, and when, but as our child's primary motivator, what is the best type of emotional support that we can give

Sherry Penick
Brownsville, Texas



Dear Sherry,

I don't remember ever begging my parents to let me go to Houston to train with Bells but I certainly expressed great excitement.

Your question is very difficult to answer. In my situation, one of the best coaches in the sport of gymnastics recognized my talent. So my parents and I felt pretty confident about the choice of leaving home. My parents are wonderful people, and they would have sup-

ported any decision I would have made. The only advice I can give parents is to stick by your child. Support them. Don't push them into doing something that they don't want to do. The child has got to have the burning desire in her heart to want to be successful. You seem like a very loving and concerned parent. One who wants the best for her child. Talk to your daughter and talk to other coaches to see what opinion they express on your daughter's talent. Let the coaches help you with the decision.



Ask For The One With The Red Wristband – Reisport!

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- To reserve your seat at THF gymnastics competition of 1991, simply fill out the ticket request form printed in this magazine.
- Don't be left in the dust! Remember, the '91 World Championships serves as a 1992 Olympic qualification meet. Mail your order TODAY!

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CSA Promotions, Inc. of Indianapolis is the official promotional merchandise supplier to the 1991 World Gymnastics Championships. The company's product line includes coffee mugs, glassware, pins and other promotional items. These colorful souvenirs will be available through

the USGF merchandising department and central Indiana retailers.

CSA Promotions, Inc. Vice President, Bill Yerburgh said, "We are excited to be involved with the 1991 World Gymnastics Championships. Having worked closely with the USGF and the sport of gymnastics for the past 10 years, we see the World Championships as being another great opportunity for CSA Promotions, Inc. as well as the city of Indianapolis."

HOUSING

A housing request form will automatically be sent to individuals living outside the Indianapolis zip code area, who purchase a Champion-All ticket package. To receive the lowest available room rates, all hotel reservations must be made through the Indianapolis Convention & Visitors Association. The lower rates are not available if reservations are made directly with the hotel. For your convenience, a housing request form is included on page 45-46 of this issue for your reservations. Housing request forms may be mailed or faxed to the following address:

WGC Housing Bureau
Indianapolis Convention & Visitors Association
One Hoosier Dome
Suite 100
Indianapolis, IN 46225
Fax (317) 644-2462

No telephone requests will be accepted.

For information call
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4. Your cancelled check or credit card statement will be confirmation that your order has been received and processed. Tickets will be mailed to all applicants on or about July 10, 1991.

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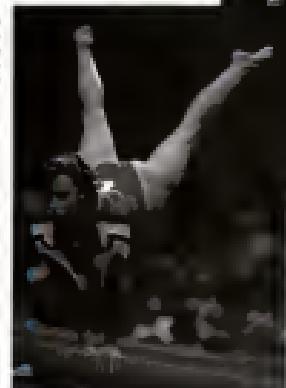
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AMERICAN CLASSIC NATIONALS

Tempe,
Arizona

The heat was on in the desert—not the outside temperature, which was unseasonably cool, but inside the Arizona State University gym, where the American Classic took place. This competition is the first leg of the 1991 World Championships qualification procedure.

Stormy Eaton, his staff and booster club at Desert Devils hosted the competition with their usual expertise and were supported by the Arizona



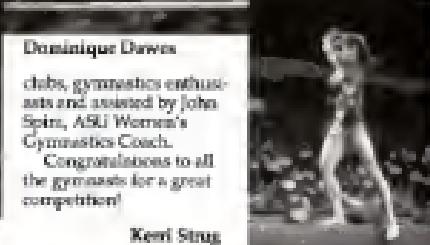
Elizabeth Crandall



Dominique Dawes

clubs, gymnastics enthusiasts and assisted by John Stein, ASU Women's Gymnastics Coach.

Congratulations to all the gymnasts for a great competition!



Keri Strug

SENIORS

ALL-AROUND

1.	Elizabeth Crandall	Desert Devils	76.260
2.	Sharron Miller	Dynamics	75.740
3.	Molly Shaeven	Brown's	75.340
4.	Hillary Anderson	New England	74.960
5.	Jennifer Mercer	Parkettes	74.940
6.	Dominique Dawes	Hill's Angels	74.900
7.	Christine Torry	Parkettes	74.880
8.	Stephanie Woods	Capital	74.640
9.	Lorraine Fontaine	Am. Academy	74.420
10.	Maria Neubauer	Great Am. Gym.	74.200

VAULT

1.	Elizabeth Crandall	Desert Devils	19.150
2.	Stephanie Woods	Capital	18.125
3.	Christine Torry	Parkettes	18.000

BARS

1.	Elizabeth Crandall	Desert Devils	19.475
2.	Molly Shaeven	Brown's	19.400
3.	Jennifer Mercer	Parkettes	19.225

BEAM

1.	Sharron Miller	Dynamics	19.525
2.	Elizabeth Crandall	Desert Devils	18.875
3.	Christine Torry	Parkettes	18.875

FLOOR

1.	Sharron Miller	Dynamics	19.275
2.	Dominique Dawes	Hill's Angels	19.125
3.	Elizabeth Crandall	Desert Devils	18.925
4.	Stephanie Woods	Capital	18.925
5.	Jane McQuown	Parkettes	18.925

JUNIORS

ALL-AROUND

1.	Keri Strug	J.G. Gym.	75.325
2.	Kristin McDermott	Parkettes	74.425
3.	Amanda Borden	Cincinnati	73.605
4.	Samantha Mahlerman	Brown's	73.600
5.	Sarah Belogach	Parkettes	73.475
6.	Amy Chiaro	West Valley	73.225
7.	Cass Leppard	CATS	73.075
8.	Kristin Duff	Kansas	73.050
9.	Lisa Vrancicovic	Desert Devils	72.520
10.	Tiffany Simpson	Desert Devils	71.975

VAULT

1.	Keri Strug	J.G. Gym.	18.820
2.	Amanda Borden	Cincinnati	18.825
3.	Kristin Duff	Kansas	18.775

BARS

1.	Keri Strug	J.G. Gym.	19.020
2.	Kristin Duff	Kansas	18.950
3.	Kristin McDermott	Parkettes	18.775
4.	Samantha Mahlerman	Brown's	18.775

BEAM

1.	Amanda Borden	Cincinnati	18.700
2.	Kristin McDermott	Parkettes	18.600
3.	Cass Leppard	CATS	18.575

FLOOR

1.	Keri Strug	J.G. Gym.	19.125
2.	Kristin McDermott	Parkettes	18.900
3.	Sarah Belogach	Parkettes	18.425

CUP OF HUNGARY

By Elaine Thompson

The Investor-Inter/Ag Cup of Hungary was held on September 19-20. The U.S. delegation consisted of gymnast Larissa Fontaine, her coach from American Academy of Gymnastics in Illinois, Leonard Iseas, and the judge and delegation leader Elaine Thompson.



Larissa Fontaine

The all-around competition included 29 gymnasts from 14 countries. Hungary's Kristina Molnar won the all-around gold medal with a score of 38.625. Molnar was followed by 11-year-old Olesana Fabričáková from the Soviet Union. Fabričáková scored 38.250. Lori Strong from Canada earned the bronze medal, scoring 38.175.

Fontaine, 12, had three strong events, vault (9.725), bars (9.55), and floor (9.60). Due to a wobble and a fall on beam, Fontaine scored a 9.10 on that event and settled for sixth place in the all-around.

SOLIDARITY GAMES

Two U.S. rhythmic gymnasts, Kristi Alt and Jennifer Leach, along with their delegation leader and judge, Andrea Schmidt, ventured to Gdańsk, Poland for the first Solidarity Games competition. Five countries participated including Germany, Finland, Poland, Soviet Union and the United States.

The event consisted of only all-around competition and Poland's Anna Bodak earned the gold medal with a score of 38.60. Her teammate,

Hungary's Andrea Molnár finished first on vault with a 9.387. Fontaine earned a 9.380 on her Yurchenko layout and placed Tsvetkova for sixth place.

Canada's Lori Strong earned first on bars with a 9.725 followed closely by Fontaine with a 9.70.

Fontaine's aggressive bar routine included a giant up between the bars to a ball, shoot half turn to handstand on low bar, gown full pirouette and a flyaway full-in, back-out dismount.

Kristina Molnar from Hungary earned top honors on beam with a 9.75 and, also from Hungary, Bernadett Balazs won gold on floor with a 9.30. Fontaine tied for sixth on floor with a 9.30. Fontaine's strong floor routine included a bounces through to a back double back, wip to back double back and ended with a back double back. Unfortunately, she went out of bounds twice and scored a 9.30.



Magda Liss and Jennifer Leach met with Lech Wałęsa, the leader of the Poland Solidarity movement.

Natalia Szymkowicz, took the silver medal with 37.60. Placing third and fourth all-around were the two gymnasts from the Soviet Union, Elena Solopko and Eugenia Pavlova. These two outstanding gymnasts scored 37.15 and 37.00,

respectively. Alt, who trains at Alt's Stars in Princeton, N.J., placed fifth with a score of 36.80 while Leach, who trains at the United Gymnastics Academy in Orange Park, Fla. took sixth all-around with a score of 36.65.

LEVEL 9 EASTERN AND WESTERN CHAMPIONSHIPS

In the Junior Division of the Level 9 Western Championships, Region 4 won the team championship title. In the all-around, Region 4's Sarah Cason earned first with a score of 36.725 followed by Region 2's Kochi Perez with 36.59 and Region 1's Stephanie Lee with 36.40.

Region 1 was victorious in the Senior Division of the Level 9 Western Championships. Jeni Klose and Denise Scott, both from Region 1, placed first and second all-around with scores of 37.275 and 36.775, respectively. Third all-around went to Region 4's Tawna Rath with a 36.30.

At the Level 9 Eastern Championships, Region 8 won both the junior and Senior Divisions in the team competition. In the Junior Division all-around, Jenny Pokornay earned first with a 36.50 followed by Beth Kozmerman with 36.45 and Kristen Barnett with 36.20. Pokornay and Barnett are from Region 8 and Kozmerman is from Region 7.

In the Senior Division all-around, Region 9's Chastity Jurkin placed first with a 36.35. Region 7's Julie Barrack earned second with 36.29 and Region 7's Nicole Simpson took third with 36.05.

PUERTO RICAN CUP

By Lois C. Carson

Molly Shawen and Denise Fierro combined their skills to capture the team title at the 4th Puerto Rican Cup, held in San Juan, Puerto Rico. These 16-year-old U.S. dynamos also brought home all of the gold medals in the competition as well as a silver and two bronze.

Shawen, of Altamonte Springs, Fla., earned the all-around title with a score of 38.45, followed closely by Fierro, from Clovis, Calif., with a 37.95.

In the men's competition, Mike Mazzacri, 19, of Penn State University, took the all-around title with a score of 36.30 over Pedro Torri of Puerto Rico. The team title was won by Puerto Rico with a 105.70.

During the event finals competition, the U.S. once again had a strong showing. Fierro, who is coached by former Olympian Beth Kline Rybacki, took first place in vaulting (9.020), balance beam (9.40) and floor exercise (9.60) and second on bars (9.675). Shawen, who is coached by Kevin Brown of Brower's Gymnastics, took first on bars (9.70) as well as third in vaulting (8.962) and tied for third on beam (9.10).

In the men's event finals, Mike Mazzacri, who is coached by Randy Jepson of Penn State, took the gold medals in the four events in which he was entered—pommel (8.6 with Torri of Puerto Rico with 9.15), rings

(8.40), parallel bars (8.10), and high bar (9.25). The other two gold medals were captured by Puerto Rico's Hector Tanco (9.50 on floor) and Pedro Rosado (9.333 on vault).

The U.S. delegation also included coaches Kevin Brown, Beth Kline Rybacki and Randy Jepson; judge Mike Hinsley and judge and delegation leader Lois Carson.

GERMAN REUNIFICATION
COMPETITION

By Able Grossfeld

The Kunstturn-Masters '90 German Reunification competition combined the teams from East and West Germany, the first combined team since the 1968 Olympic Games, plus the U.S. and the USSR.

The U.S. delegation included gymnasts Trent Duran, Scott Kenwick, Bill Roth, Tom Schlesinger, Chasney Umphrey, Chris Waller and Mark Warburton. The coaches were Art Stoeck, Francis Allen and Yehim Parmon. Debbie Van Horn was the trainer. Becky Bill is the interpreter and Able Grossfeld the judge and delegation leader.

Before the competition the atmosphere seemed to be that of separateness between the two Germany's—three gymnasts from the East and three from the West participated. The East Germans and the West Germans worked out separately before the competition and U.S. vs.

the West Germans coach, said, "It took 40 years to break down the wall, it will take a few hours more to be one team."

The Soviets won with 288.95 points; 3.3 points behind was Germany with 285.60, the U.S. was exactly three points behind the Germans with 282.65 points. The Soviets took the top three all-around places. First was Alexander Kolivarev with 58.25, second Sergei Kharlov with 57.90 and third Dumitru Dogodkin with 57.80. Germany's Ralf Bartsch took fourth with 57.55, Jens Millbaut in fifth with 57.25 and Andreas Wecker in sixth with 57.15. The top U.S. gymnast was Bill Roth in tenth with 56.45.

The post meet banquet was at the Olympic Hall and with the subsiding of competition tensions, all seemed friendly, although the unification concerns were the focus of the ensuing conversations.



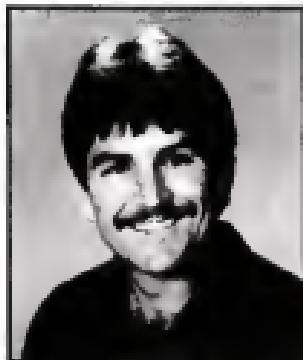
Denise Fierro and Molly Shawen with first place team trophy from 4th Puerto Rican Cup.

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THE SOVIET SECRETS TO SUCCESS

BY ROBERT COWAN

VLADIMIR ARTEMOV, THE 1987 WORLD AND 1988 OLYMPIC CHAMPION FROM THE SOVIET UNION, IS SPENDING SOME TIME IN THE U.S. TO HELP WITH OUR MEN'S GYMNASTICS PROGRAM. DURING A RECENT INTERVIEW WITH ARTEMOV, HE UNVEILED A FEW OF THE SOVIET'S SECRETS TO SUCCESS.

Q: Does the Soviet National Team work with a sport psychologist?

A: No. They don't have one.

Q: Does the Soviet National Team do strength training?

A: Each day everyone works individually on strength according to a specific plan. We do exercises specific to gymnastics. We spend a specific amount of time on each apparatus doing strength training. We do men with weight belts, not machines—that would be easy. We train every day, two times per day.

Q: Is it possible for gymnasts in the U.S. to learn this training?

A: Each coach has his own exercises. For example, on bars you go to a handstand and then do many repetitions and then go to the next apparatus. You do combinations as well, like scissors on pommel horse. There are about 30-35 exercises all together.

Q: Did you train pommel horse on the floor?

A: No. It's a problem for the hands and wrists. We use the pommel horse without pommels.

Q: Do you do anything special with young gymnasts to prevent injuries?

A: You have to just start with the basics and develop correctly. You have to be very disciplined. If you learn everything properly in the beginning you can learn more difficult elements easily. You must go very slowly. After mastering the basics you can speed things up.

Q: Is the Soviet National Team given a monthly payment? Are they on a stipend?

A: Now it is official. As a sportsperson, they receive money now in a structure. All the high level athletes are given money as incentives of future athletes.

Q: When the Soviet Team goes to a major competition is there a team meeting to psych them up and stress team goals?

A: They do all this at home. They go through everything at home before going to the competition. At the competition there may be a few changes.



Patrick Kirksey and Vladimir Artemov exchange ideas before a competition

Q: Before a major event does the team assemble to train together?

A: The team is always together at least once per month.

Q: What is the maximum number of days together per month?

A: Right now it is a 10—24 days in a month. Like 18 days in a month and not any more, then you get some time to rest and prepare. You get a chance to think

Q: In the U.S., we are impressed with how the Soviets land dismounts. Is there specific training for sticking dismounts?

A: That is from usual training. They just do it on each apparatus. Whether the dismount is hard or easy they practice landing.

Q: What are the living facilities like at the training center?

A: It's bad! There are three kids to a room and

everyone goes to one room to eat, use the phone or watch television. Swimming and gymnastics are close together. There's also a sauna.

Q: At what age do male gymnasts start training in the Soviet Union?

A: At Age 6 or 7. At age 6 you are just doing games, but you are still learning to be prepared.

Q: You have been to the U.S. 14 times. Are training experiences similar in the U.S. and Soviet Union?

A: I like to train in the U.S. because there is music. Music or noise is good.

This is an excerpt from the interview with Vladimir Artemov and Robert Cowan. If coaches are interested in obtaining the interview in its entirety, write to: United States Gymnastics Federation, Men's Program Administrator, Pan American Plaza, 201 S. Capitol Ave., Ste. 300, Indianapolis, IN 46225.

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WALLER CHRIS 2 INVINCIBLE

Last year the UCLA gymnast was the 12th man on a 13-man team. Chris Waller was just a newcomer then among those trying to make a name for himself. Today he is the No. 2 ranked gymnast in the country and a name to look for in the future.

This 22-year-old established himself at the 1990 Goodwill Games where he was a driving force behind the U.S. men's most recent and biggest finish since the 1984 Olympic Games. His two bronze medals from that competition—bars and pommel horse—added to his growing resume, but it was his two “hot” routines in a “must hit” situation that etched his name among the up-and-coming gymnasts.

By now everyone knows the events leading up to the stunning second place fin-



Chris Waller no longer holds back on high bar—he goes all out.

ish at the Goodwill Games. They know it was Chris Waller that hit in the final rotations to hold off the Chinese and lead the U.S. to their first team medal in a major competition (besides

BY PATTI AUER

the 1987 Pan American Games) since the 1984 Olympic Games.

“That meet was very encouraging for me,” said Waller. “I felt I could compete with most athletes. We put in a good performance as a team and to see the flag raised was the best feeling.”

It was only his third international competition and his first time competing on a podium. What a change from last year when he finished 12th at the U.S. Championships, barely making the U.S. National team.

The difference? “Conservatism, or lack of it,” explains Chris. He says he has gone from the restrained, calculating gymnast to one that holds nothing back. The change in attitude and attack has escalated his rise to the top.

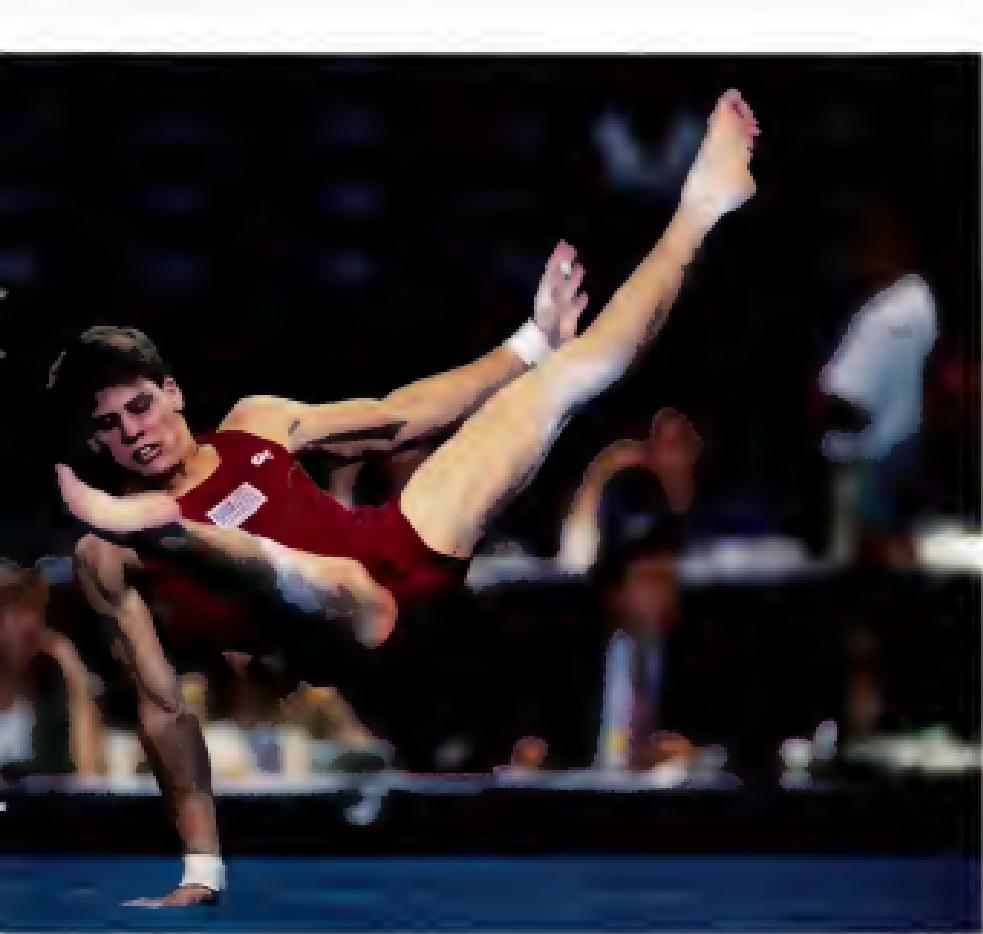
UCLA Coach Art Shar-



lockgreen. “Chris all along had the capacity and ability to be one of the top gymnasts in the country. Chris tended to get conservative. I think he went into Nationals and the Goodwill Games with more of an aggressive attitude.”

The first and most important step in the change, says Sharlock, was at the Champs Cup. There Chris won the bronze medal on the high bar.

“He realized that if he did his routines he could be as



good as any gymnast in the world. That really got him mentally ready."

"We've been working on getting me to compete in an all-out manner," Chris added. "I was always concerned about missing instead of trying to do the best routine possible. Now I believe I can do it, and this translates into the way I compete."

He displayed this new approach to gymnastics at the U.S. Championships in Denver, Colo. It was suc-

cessful as Chris finished second in the all-around, earned bronze medals on both the high bar and pommel horse and established himself as a U.S. gymnast to watch in the future.

The fact that he is able to compete, let alone at such a high caliber, is remarkable. During Chris' sophomore year at John Hersey High School, located just outside of Chicago, Ill., it was discovered, in a routine physical, that he suffered from a congenital heart de-

fect, a constricted aorta. Competing despite the illness, Chris won the Illinois High School state all-around title ('83 and '84). Olympic Gold Medalist Bart Conner are the only two to win as sophomores in Illinois.) But following the competitive season he underwent surgery in which doctors implanted a new aorta made from Teflon.

Four and a half months later he returned to the gym. Two years later he earned a scholarship to UCLA and

entered the NCAA ranks. He became UCLA's top scorer for three years; won the national title on the pommel horse in 1989 and won the high bar in 1990.

Weller will earn a history degree in June of 1991. Now, with his eligibility completed at UCLA, Chris will continue to train under the guidance of Sharlock and Yefim Furman, and concentrate on his number one priority—the 1991 World Championships.

1990 WORLD Cup

BY PAT PANICHAS

The eighth World Cup gymnastics competition for men and women was held in Brussels, Belgium on October 26-28. The prestigious competition saw the top 19 women and 20 men from 14 countries vie for the all-around title. The U.S. was well represented by Brandy Johnson of Brown's Gymnastics in Florida, Sandy Woolsey of Desert Devils in Arizona and Lance Rengard of Gold Cup in New Mexico.

The World Cup was a meet of firsts. It was the first major competition, in over 40 years, to have athletes representing a united Germany and to have the women's competition judged without the use of chief judges.

The women's competition was very close but the all-around title was awarded to the Soviet Union's Tatiana Lisenko with a score of 39.599. Lisenko was the most solid performer of the competition and her resounding

cully Serbian double salto on floor and front flyaway double front with a half twist not dismount on bar) was worthy of a World Cup champion.

Teammate, and 1989 World Champion, Svetlana Bogunakova, had some problems on bars and had to

Tatiana Lisenko



settled for the silver medal with a score of 39.586. Her overshoot and releases were close to the bar and she landed her double pike flyaway dismount short, causing her to take a giant step.

The bronze medal went to Hungary's crowd pleaser, Henrietta Ondri, with 39.574.

Rounding out the top six were Yang Bo from China with 39.523; Brandy Johnson, who turned in fine performances to score 39.35 and Cristina Bortes from Romania with 39.307.

Johnson said, "I am pleased with my fifth place finish because it's exactly where I want to be right now. I was tenth in Seoul, seventh at the '89 World Championships and fifth here. I'm moving in the right direction."

There were no double winners for the women during the event finals. Ondri captured the vault title with a 9.917; Eva Rueda of Spain earned second with 9.916 and



Bogunakova took third with 9.912.

The all-around winner, Lisenko, hit a nice bar routine to score 9.937 and win the event. Romania's Miroska Pasca was second with a 9.912 followed by Ondri's 9.911. Johnson placed sixth on the event with a score of 9.862.

The four gymnasts from China, Yang Bo and Li Li, were gorgeous on beam and deservedly took the first two spots with scores of 9.95 and 9.925. Both gymnasts work on high toe and impeccable form and technique. Bo even has a skill on beam named after her—she jumps from two feet to over a 180 degree split and arches way back.

Presenting a new floor routine in this competition, Bogunakova scored 9.962 for the gold medal. Ondri, who stuck each of her four tumbling passes, was second



with 9.837 and the powerful Liangko was a close third with 9.807.

Johnson qualified into three event finals. On bars she earned sixth, beam she placed seventh and floor she took eighth. Both Johnson and Woolsey were alternates on vault.

In the men's competition, it was an exciting race to the finish between the two gymnasts from the Soviet Union, Valeri Belenky and Vitaly Scherbo. Scherbo is the reigning Goodwill Games champion and Belenky is the reigning McDonald's Challenge/USA-USSR champion. It is clear that these two gymnasts are quite competitive with one another and are neck-to-neck in most competitions. However, Belenky took the gold at this competition with a score of 9.86, and Scherbo earned the

silver with 9.825. The bronze medal went to Li Jing from China with a 9.805.

Lance Ringwald from the U.S. finished in 15th place.

Valeti Belenky



Lance started on pommel horse and all judges had a 9.20, however, his score was lowered by the head judge to an 8.95. Dismounted by a low score on pommel horse, Lance came in low on his whippet to cross on rings and didn't hold for two seconds, thereby knocking him out of the running.

Ringwald performed well on vault, parallel bars, high bar and floor exercise. He tied for eighth on high bar but the bar was broken by the highest all-around therefore, he did not make the final round of competition.

During the event finals competition, Scherbo won floor with the highest score of the competition, 9.912. Belenky scored 9.797 for the silver and Cheche received the bronze medal with 9.762. The top three spots on pommel horse were taken by

Brandy Johnson is on the comeback trail, placing fifth all-around.

Jing with 9.85, Belenky with 9.837 and Wecker with 9.782.

Belenky, Jing and Schebo were the top three on rings scoring 9.887, 9.837 and 9.83, respectively.

Scherbo captured his second gold of the day on vault with a 9.85 followed by Nishikawa, 9.774, and Belenky with a 9.713.

Belenky earned two more gold medals on parallel bars and high bar with scores of 9.882 and 9.837, respectively.

MENS ALL-AROUND

1.	Valeri Belenky	URS	9.888
2.	Vitali Scherbo	URS	9.825
3.	Li Jing	CHN	9.798
4.	D. Nishikawa	JPN	9.774
5.	Brandy Johnson	ITA	9.762
6.	Andreas Wecker	GER	9.723
7.	A. Rodriguez	ESP	9.740
8.	Marcus Chiarria	ROM	9.708
9.	Neil Thomas	GBR	9.675
10.	Chris Huber	CAN	9.668
11.	Mike Scherzer	USA	9.673
12.	Liping Huang	CHN	9.658
13.	John Johnson	SWE	9.653
14.	Kaleko Proctor	GBR	9.579
15.	Lance Ringwald	USA	9.559
16.	E. Mizukawa	JPN	9.558
17.	Jean-Claude Legras	ITA	9.408
18.	Ricardo Agudo	COL	9.208
19.	Mario Thys	BEL	9.109

WOMENS ALL-AROUND

1.	Tatjana Lebedeva	RUS	39.599
2.	S. Bigras-David	URS	39.588
3.	Heorhia Ovch	HUN	39.574
4.	Ting Bo	CHN	39.523
5.	Brandy Johnson	ITA	39.258
6.	Christina Beuke	ROM	39.237
7.	Mirka Pacea	ROM	39.237
8.	Alecia Grossman	ESP	39.012
9.	Eva Rucki	ESP	38.924
10.	Li Li	CHN	38.798
11.	Maria Mandar	JPN	38.679
12.	Karina Minnet	PER	38.574
13.	Maja Kretow	GBR	38.561
14.	Moni Kouagi	JPN	38.344
15.	Sandy Hosley	USA	38.258
16.	Lori Hansen	CAN	37.728
17.	Aiko Sheeran	ROM	37.682
18.	Stephanie Moore	GBR	36.942
19.	S. Lashley	GBR	36.912

QUEEN YANKEE

BY CAROLYN BOWERS

Shamissa Miller impressed not only the Italian Federation but all the other delegations when she won the Women's Tournament in Catania, Italy. The 13-year-old, 66 pound dynamo, coached by Steve Nunn at Dynamo Gymnastics in Oklahoma, won the all-around competition and three individual event finals. Shannon was dubbed the "Queen Yankee" by those at the competition and was swarmed by autograph seekers.

In its 12th year as a major international invitational competition, the Catania is naturally televised in Italy and is very well sponsored. Many of the past winners have gone on to become top competitors in the world such as Agache, Seabro, Dobre, Popa and Bonita of Romania, Ganch of Hungary; and Yang Bo and Wenzing Zheng of China. The best finish of an American gymnast was that of Melinda Marlowe—second all-around and first on bars in 1985.

The U.S. gymnasts,



Shannissa Miller proved she's a top world contender by winning the all-around at the 1990 Catania Competition.

Miller and Agnieszka Szymkowska, certainly were a hit. Many questions were being asked—"Who are they?" "How old are they?" and "How many international competitions have they been in?" But the real question was, "Can they perform well in the competition?"

That answer was a resounding YES! Miller scored 38.900 in the all-around followed by Lu Wu of China with 38.90 and Maria Neculita of Romania with 38.40. Simpkins, from Illinois Gymnastics Institute and coached by Todd Gardner, finished 12th with 37.475.

Six gymnasts with one per country were allowed into finals. On vault, Miller used her Yurchenko layout full twist and her new vault, front handspring front, and won the event with an average of 9.620. Hungary's Bernadette Balazs was second with 9.615 and Romania's Maria Neculita was third with 9.515.

The uneven parallel bars event was won by Xia Zhen from China with 9.875. Zhen also won bars at the 1990 Goodwill Games. Miller was second with a score of 9.80. Difficulty in her routine included a sit to handstand half, giant full into Deltchev and a double back with a full twist dismount. Third went to Italy's Valentina Ruberti.

Miller and Simpkins took first and second on beam during the all-around competition, but due to the one-kroneasch per country finals rule, Simpkins was not allowed to compete. However, both U.S. gymnasts' routines had more difficulty than the other competitors.

The pressure was on Miller to hit at the competition fifth in the line-up.

continued on page 25

SHANNON MILLER

Birthdate 3/10/77

Age 13

Height 4'3"

Weight: 66 lbs

Hometown:

Edmond, Oklahoma

School:

Summit Middle School

Grade 8th

Coach: Steve Nunno

Club: Dynamo Gymnastics

Years in Gymnastics: 8

Favorite Event: Beam

Hobbies:

Roller skating, reading

Favorite Gymnast:

Nadia Comaneci

Fact of Interest:

Shannon is a straight A student!

1990 International

Competitions:

1990 Catena Cup—1st-AA
& V & B&F, 2nd-UB

1990 McDonald's Challenge:
USA-USSR—9th-AA

1990 The Pyramids Challenge:
USA vs GDR—7th-AA

1990 Canadian Cup—9th-AA

1990 McDonald's American
Cup 6th-AA

1990 National Competitions:

1990 American Classic—
2nd-AA, 1st B&F

1990 U.S. National Championships—
9th-AA, 5th-PA,
6th-B



Agina Simpkins placed second on beam in the all-around competition.

Her mount, press to reverse planche, was exact. She then combined a swing down back roll to flip flop layout step out. Miller did a solid aerial walkover to the end of

the beam. She also did a switch leg leap into a flip flop with quarter turn to handstand and finished with a full-in, back-out dismount. Miller received a

9.775 for the gold medal.

All of the floor exercises were well done. Li Wu of China received a 9.725 using all double back tumbling combinations. Remmets Cimpuassau of Romania scored a 9.80 with pike double back, whip to double back and back double back. Miller competed last and again found the competitive strength for an excellent routine including full-in double back, whip to pike double back, and pike double back dismount. Her score of 9.850 earned her another gold medal.

The all-around was awarded by the Canadian Fan Sponsor who gave the first three all-around winners their trophies, medals, and prizes—a fur coat!

The only problem the U.S. delegation encountered on their trip to Italy was getting on the plane for their departure with seven two-foot trophies on marble bases as well as the guitar given to Steve Nunno because he is of Italian descent. With some discussion and much running around to get on the plane, the U.S. delegation arrived safely at home with all their treasures.

1991

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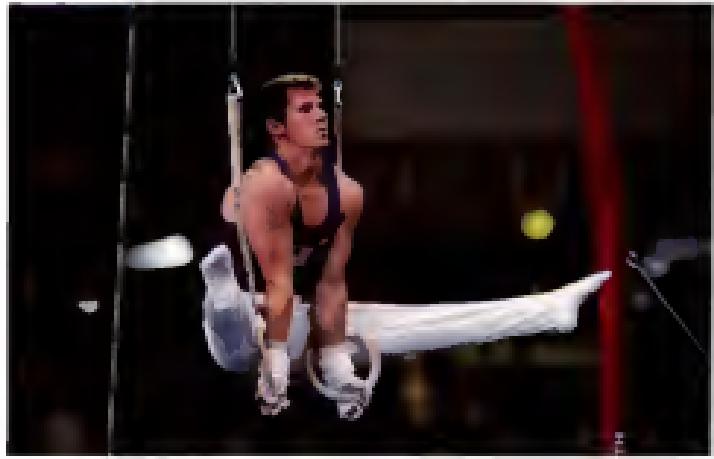
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WINTER NATIONALS

BY ROBERT COWAN



Patrick Kirksey—Winter Nationals Champion

The fourth annual Winter National Competition was held November 30-December 1 at the U.S. Olympic Training Center.

The compulsory competition counted 60 percent and the optionals counted 40 percent of the total score. Patrick Kirksey won the all-around competition, thus earning the

title of Winter Nationals Champion.

Kurt Thomas has been described as the comeback kid. But, Kurt was unable to compete in the meet, although his workouts were impressive. A severe ankle sprain in his first optional event at the Regional Qualifying meet caused him to withdraw from the optional portion of that competition.

In comparison with Winter Nationals scores, Thomas' compulsory score would have placed him in 12th, making him a contender for a spot on the national team. Thomas will again attempt to earn his way to the U.S. Championships at a May qualifying event.

In actuality the comeback kid was Dominick

Montanari who has moved gyms for the third time since being an Olympian in 1988. A slimmer, more controlled and focused Dominick now trains with Fred Tureff at Temple. While still not eligible for NCAA competition, Dominick competes under the New York Athletic Club banner. Montanari beat Kirksey in the optional round, but a weak compulsory floor routine by Dominick resulted in a close second place finish to Kirksey.

Rounding out the top three was the indomitable Tim Schlesinger who continues to maintain a very high level of performance and even with a "missed" exercise on compulsory horizontal bar, mustered a 9.25 on that event.

Other outstanding performers were Conrad Voegele, Kyle Asano and David St. Pierre. Bill Roth and Jeff Lutz missed routines which hurt them in their ranking. Both Roth and Lutz remain on the team, but expressed dissatisfaction with their performances.

National Team members Jared Henke and Chaney

Umphrey had to withdraw from the competition due to injury and illness, respectively.

The 13th spot proved to be lucky for Jim Knapp, who tied Kerry Huston for the last available spot on the senior national team. Five national team members were excused from Winter Nationals in order to compete in international events. These five athletes and the 14 gymnasts ranked at Winter Nationals, make up the 19 member senior national team. Two athletes, Mike Racanelli and John Roethlisberger (unranked), have been petitioned to the team due to injury and round out the field to 21.

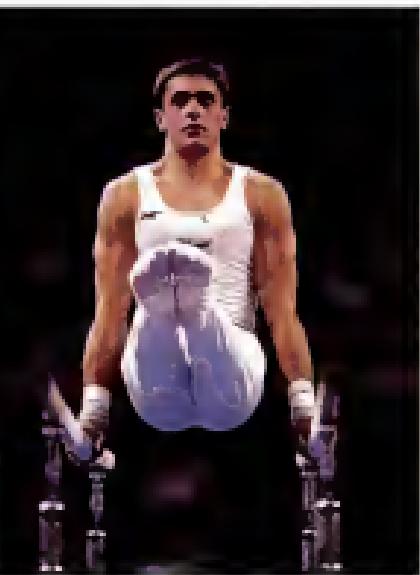
WINTER NATIONAL SCORES

Patrick Reksey	Nebraska	113.70
Dominick Minicucco	NYAC	113.28
Tom Schlesinger	Nebraska	113.16
Conrad Voorsanger	Stanford	113.04
Kyle Asano	Stanford	111.34
David St. Pierre	UCLA	111.12
Jeff Lutz	Oklahoma	111.00
Bob Stiles	Nebraska	110.70
Bill Roth	Temple	110.70
Jason Brown	BYU	109.72
Mark McKenna	Massachusetts	109.56
Jay Lynch	Stanford	108.20
Kerry Huston	Culver's	108.68
Jim Jacobs	Ohio State	108.68

ORIGINALITY INVITATIONAL

This event, created as a brain-child of MacWatson, was the first held in the U.S. The gymnasts performed skills or combinations only and sponsors put up \$100 or \$300 for awards for non-NCAA gymnasts.

The following individuals sponsored events: Jeff Metzger of Queen City Gymnastics—Floor Exercise; Mike Donahue, the USGF President—Parallel Horse; Mike Jacobs of U.S. Gymnastics—



Dominick Minicucco made a comeback, placing second all-around at Winter Nationals.

Rings; Gary Scrivner of Pegasus—Parallel Bars; Salina Weaver of Elite Sportswear, Ltd.—Horizontal Bar; and Tighe King of Alpha Factor—Beam Show.

Kerry Huston of Culver's in Houston, Texas, won Floor with a front handspring, bounces from handspring to double front, barrel roll.

Parallel Horse was won by Jay Lynch of Stanford who did traveling flairs with both hands outside the pommels.

Still Rings was won by Chris Sey of Stanford who needed a run-off to defeat Marshall Nelson, who ultimately won Best of Show. Chris' combination consisted of a Yamauchi to a crossing of the rings and front spin to double front. Nelson's performance was one of the more dramatic and original combinations demonstrated.

Vault was won by Kyle Asano of Stanford Gym Club who did a handspring double front in layout position and stuck.

KERRY HUSTON NAMED AS FINALIST FOR DIAL AWARD

U.S. gymnast Kerry Huston was recently named as a finalist for the Dial Award, an honor given to the top high school scholar athlete in the nation.



Huston, 17, trains with Jim Culver at Culver's Gymnastics in Houston, Texas. He is one of five selected from more than 100 nominees. The Klein High School senior is the youngest member of the U.S. senior national team, placing 13th at the 1990 Winter Nationals. He also won floor exercise in the Innovation Invitational.

He excels in gymnastics as well as track and diving. A member of the varsity diving team for three years, he held the record for the "tightest score of the month" in the nation among high school competitors. He set a school track record in the triple jump as well.

perfect execution, and one or two skills with errors. All three scores were added together and one winner was determined.

This event will be conducted in conjunction with the next Winter Nationals, to be held February 7-8, 1992 at the U.S. Olympic Training Center.

REVCO '90 TOUR OF CHAMPIONS

Anew gymnastics show, "Revco '90 Tour of Champions," hit the road on November 2 and featured the athletes of the 1984 and 1988 Olympic Games as well as a few athletes universally pegged to be 1992 Olympians.

The cast of the show included, from 1984, James Hartung, Tim Daggett, Mitch Gaylor, Peter Vidmar and Mary Lou Retton. Appearing from the 1988 Olympic Team were Lance Ringrajd,

Phoebe Mills, Kelly Garrison, Chelle Stack and Rhythmic Gymnast Diane Simpson.

On hand to represent the younger generation were Trent Dumas, Kim Zmeskal and Betsy Okine.

Audiences in Pittsburgh, Peoria, Baltimore, Cleveland, Charleston and Norfolk were treated to a two-hour show which intro-

duced some new innovations such as combining live action and video, many popular athletes introducing their fellow gymnasts, live, and a stirring piece featuring Béla Karolyi.

Of course, one of the mainstays of gymnastics shows is gymnastics comic Paul Hunt, who wowed the crowd three times a night, performing his hilariously

funny beam, bars and floor exercise routines.

The Tour was a chance for athletes of these "generations" to get to know each other. Although life on the road is demanding with all the split-second travel arrangements, packing, unpacking, hotels, and arenas, ask any athlete on the Revco '90 Tour of Champions, and they'll probably say they would like to do it again soon!



Some of the stars of the tour included: Kelly Garrison, Kim Zmeskal, Phoebe Mills, Mitch Gaylor, Mary Lou Retton, Lance Ringrajd, Chelle Stack, Betsy Okine and Diane Simpson.

MITCH

GAYLORD

Ilympic Gold Medalist Mitch Gaylord participated in the Revco '90 Tour of Champions and once again showed his style and talent.

Girls squirmed with delight at seeing the larger-than-life video image of Gaylord projected to the soundtrack of the song, "Great Balls of Fire." And when at last the spotlights gleamed upon the in-person Mitch, one of the U.S.'s most popular gymnasts ever had established a return to a warm, receptive environment he had given up some four years ago.



Mitch the actor at age 29.

How did he feel when he first walked out under those brilliant spotlights again, dressed in his 1984 Olympic gymnastics attire?

"Nervous," he told USA Gymnastics. "Totally nervous."

We asked Gaylord what has been keeping him busy since the 1984 Olympic Games and he said, "I did

some commercial work right after the Games for Diet Coke, Vidal Sassoon, Saks Fifth Avenue, and others." Of course he also mentioned the movie "American Anthem," which took up most of 1988.

The acting bug got into Mitch's head when he did a small role in "Logan's Run." "I didn't really think seriously about becoming an actor, though, until *American Anthem* came up. Even then I didn't develop a passion for acting until I started serious study last year."

Since *American Anthem*, which has become one of the highest rented films following its theatrical release, Mitch has moved into marketing and currently works in that field with a company in Manhattan Beach, Calif. After work, Mitch changes into more casual attire and heads for his acting classes.

"Sometimes I take time out after work and have a quick workout over at the gym," he says. "But I try to never miss my acting classes. They are very important to me."

At age 29, Mitch has been an Olympic Gold medalist and holds four medals from the 1984 Summer Games, has done television commercials, a syndicated television show called "Tin City," and recently completed a motion picture for European release.

After all this, Mitch stills remains excited about GYMNASTICS.



BETTY



OKINO

MAKING HER MOVE

Elisabeth Okino better known as Betty, has made great strides in only a short time at the forefront.

With many years of dance background under her belt, she's graceful, elegant and powerful all in one. Betty's slender build, 5'1" and 144 lbs., makes her floor and beam routines a pleasure to watch.

Only a year ago, Betty Okino was a name with which many were not familiar. She did not qualify for the Junior National Team in 1989 but, in 1990, she skipped the junior division and placed second all-around in the senior division at the U.S. Championships—making her the No. 2 ranked gymnast in the country! This 18-year-old newcomer has won been and, most importantly,

named a spot on the 1990 Goodwill Games team.

Okino was the top finisher for the U.S. at the Goodwill Games and placed fourth all-around overall. In addition, she helped the U.S. team earn the silver medal.

USA Gymnastics talked with Betty about her Goodwill Games finish and her future goals.

Q: Betty, I understand you have an interesting family history, give us a little background?

A: I was born in Uganda, Africa, where I lived until I was a year old. My mom was from Romania so when I was a year old and my brother was three we went to Romania to visit my grandma. My father left for the U.S. on a scholarship

and the Romanian leader didn't let my mom stay in Romania so she went to the U.S. to look for a job and a home. They came back for me and my brother and we all moved to Minnesota.

Q: How did you get involved with gymnastics?

A: My brother and I started taking dance in LaSalle, IL when we were four. We competed in national competitions and were five-time champions. I also took jazz and tumbling lessons. Then I saw Mary Lou Retton at the 1984 Olympic Games and I wanted to do that, too.

Q: Who was your first coach?

A: Tony Causa and then my mother! She coached me while I was a Class III. When I was 11 years old I moved

to Illinois Gymnastics Institute and was coached by Todd Gardner. Now I'm with Karolyi's Gymnastics and coached by Bob and Martha Karolyi.

Q: How did you feel after placing fourth all-around at the Goodwill Games, which was your first major international competition?

A: It was a pretty big boost! I had no idea how I was ranked. When I saw how high I was up there (in the ranking) it gave me a lot of confidence.

Q: What's your next big goal in gymnastics?

A: I want to win the 1991 U.S. National Championships and, at least, place in the top three at the 1991 World Championships. My ultimate goal is to compete in the 1992 Olympic Games.

B Y L U A N P E S Z E K

Q: What do you think of the World Championships being held right here in the U.S.?

A: It's a big opportunity. We will have the home crowd, familiar equipment and we won't have to worry about the time zone adjustments. It will definitely be an advantage because when you're in another country no one knows you. When it's here in the U.S. everyone will know you and everyone will be cheering for you.

Q: Who will be your biggest competition at the 1991 World Championships?

A: My teammates from Karolyi's. Also the gymnasts from the Soviet Union. They are almost perfect.

Q: Are you preparing now for the World Championships?

A: Yes. I've increased the difficulty in my floor exercise routine and my bar routine. On floor I'm making my mid air pass a series and on bars I'm changing my dismount to a double front take. I'm also working on perfecting my routines and getting rid of any wobbles or bad landings. The Soviets never give up any points for bad landings and wobbles.

Q: Are you on any special type of diet? What do you like to eat?

A: I just watch what I eat. I try not to eat candy, sweets and other fattening things. My favorite foods are cheese pizza and ice cream, but I don't eat ice cream very often.

Q: What psyches you up before a competition?

A: Bela and the fans. When you are about to compete and you hear the fans yelling, it makes you want to do good for them.

Q: What do you feel is



Betty Okino can always count on her coach, Bela Karolyi, to be there for support and encouragement.

your secret to success in gymnastics thus far?

A: Hard work and a good family. My family has been behind me 100 percent and that helps a lot.

Q: Tell me about your family?

A: I have a brother who is 17 and a nationally-ranked tennis player. He's trying to go pro. I also have a sister who is 7 who is a tennis player. She wants to go pro, too. My brother doesn't get to see me do gymnastics much and I don't get to see him play tennis much because we're both really busy—plus he's in Illinois and I'm in Texas.

Q: How often do you see your family and do they get to come to competitions?

A: I live with my grandma. I see my mom about once

A: I love to dance. I also like to listen to music and go shopping at the mall.

Q: What do you want to do when you grow up?

A: I want to go to college, University of Chicago, because that's where my brother might be going, and I want to be a therapist.

Q: Why a therapist?

A: Because I get therapy on something everyday! I know just about everything about it already so I would like to go into that field.

Q: And the question most would like to have answered . . . What's Bela really like?

A: He gets mad and yells if something is not right, but when something is done right or you get a new trick he gets real excited and jumps up and down. Bela pushes you a lot. He cracks jokes a lot, too!

Thanks, Betty, for your time and good luck in the 1991 season!

U P D A T E

In the recent Arthur Casner Memorial competition, Betty Okino took second in the all-around, behind the Soviet Union's Natalia Lashchenko. Kim Zmeskal finished third; China's Wu Lei was fourth; and Romania's Eugenia Popescu and Maria Nicolai took fifth and sixth.

In the next meet, the DTB Pokal competition, Okino again finished second—this time behind Hungary's Henrietta Orosz. Lashchenko placed third; Romania's Christina Bontea took fourth; Zmeskal earned fifth and the Soviet Union's Svetlana Boginskaya ended in eighth place. Okino won bars, tied for first on beam with Lashchenko and finished third on floor.

1991 WORLD UNIVERSITY GAMES SELECTION PROCEDURES RHYTHMIC GYMNASTICS

I. Eligibility: To be considered for the World University Team the athletes must:

a. Have been born between the years 1974-1983

b. Be actively pursuing a degree from a college/university or be a 1991 high school graduate with documentation that she has been accepted and enrolled in a university/college for the Fall of 1991.

II. Selections: The 1991 World University Rhythmic Gymnastics Team will be selected at the 1991 USGF Rhythmic National Championships to be held May 3-5, 1991 in Colorado Springs, Colorado.

a. Athletes who meet the above eligibility requirements may qualify to the National Championships through one of eight Regional qualifying competitions with an all-around score of 42.00 (Five routines). This would be required for any athlete with aspirations of making the National Team.

b. Athletes who meet the above eligibility requirements but have no aspirations toward making the National Team, may participate in the 1991 National Championships for the purpose of World University Team Trials with a four routine program (rope, hoop, ball, clubs) if they are accepted via a petition by the Rhythmic Program Committee. Petitions will be approved when presented with results from the 1991 competitions showing a four event all-around score of 33.00 or better.

c. Petitions may be obtained from Norm Hiltz at the USGF Office.

d. Deadline for petition acceptance is March 15th and must include scores from at least two 1991 competitions.

e. The World University Team (number still to be determined) will be selected by rank order of those athletes who have indicated a desire to compete for the World University Team. The team will be selected by rank order using the all-around scores from the preliminary day of competition for four events (rope, hoop, ball, clubs).

f. Alternates will be named by rank order if a named team member must be replaced because of injury.

III. There will not be a mandatory training session prior to the Games.

IV. The above selection procedures were developed by the USGF Rhythmic Program Committee which has an elected athlete representative as a full time member.

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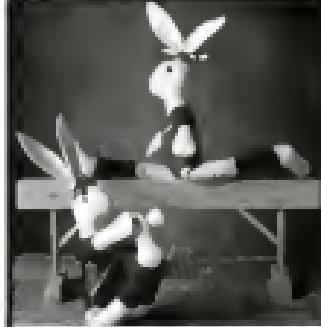
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EVENT SCHEDULE

FEBRUARY

2-9	Jr. National Team Camp (M/W)	Colorado Springs, CO
13-18	Rhythmic Nutri Challenge & Training Camp (W)	Colorado Springs, CO
22-23	McDonald's American Cup (M/W)	Orlando, FL
26	McDonald's Int'l Mixed Pairs (M/W)	Atlanta, GA

MARCH

7-10	*Thibois (R)	Paris, France
15-17	U.S. Challenge (M/W)	Allentown, PA
22-24	Paris-Bercy (M/W)	France
22-24	*Louvain la Neuve (R)	Brussels, Belgium
30-31	Moscow News (M/W)	Moscow

APRIL

10-14	*McDonald's Challenge International Championships of Hungary (M)	TBA
5-7	NCAA Regional Championships (M/W)	Budapest, Hungary
6	NCAA Regional Championships (M/W)	Various Sites
7	First Elite Regionals (W)	Various Sites
11-12	USGF Division II/III Collegiate Champs (M/W)	Davis, CA
13-14	*DTB Pokal (R)	Karlsruhe, Germany
13-14	2nd International Artistic Tournament (W)	Netherlands
18-20	NCAA's Championships (M)	Penn State U., PA
19-20	NCAA's Championships (W)	Tuscaloosa, AL
27	Second Elite Regionals (W)	Various Sites
27-28	JO, Level 9 East/West Championships (W)	TBA

MAY

3-5	JO National Championships (M)	Cal-State Fullerton
3-5	U.S. Rhythmic Championships (R)	Colorado Springs, CO
4-6	JO, National Championships - (JB-W)	Provo, Utah
10-11	Corbet-Essens (R)	Paris, France
11	Cup of Champions (M/W)	Reston, VA
11-12	JO, National Championships - (JB-W)	Provo, Utah
11-12	Jr. European Championships (M/W)	Athens, Greece
18	U.S. Classic Nationals (W)	Huntington Beach, CA
18-19	St. Regionals (M)	Various Sites
21-26	*Grand Prix Rome (M/W)	Rome, Italy
23-25	*Mariana Cup (R)	Santiago, Cuba
29-Jun 1	Konica Grand Prix Australia (W/R)	Brisbane, Australia

JUNE

7-9	U.S. Championships (M/W)	Cincinnati, OH
8	East/West JO Competition (R)	Various Sites
14-16	Int'l. World's Best Club Competition (R)	Toronto, Canada
19-22	10-11, Age Group National (M)	Colorado Springs, CO
	Development Camp	
18-23	Montada Cup (M/W)	Havana, Cuba
22-23	United States Olympic Cup (M/W)	TBA

* Tentative (Dates & Events Subject to Change or Cancellation)
Prepared by: Allison McLaughlin, Director of Special Events

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ANKLE STRENGTHENING EXERCISES

By Larry Nassar, ATC

Most gymnasts believe that all they need to do in order to strengthen their ankles is toe rises — unfortunately, this is not true. Toe rises are only one of several exercises designed to strengthen the muscles which support one's ankles. These same muscles are the ones that hurt when you have "shin splints." Therefore, by doing the exercises listed below you may be able to prevent ankle injuries as well as "shin splints."

1. ANKLE TURN OUT (EVENSION) EXERCISE

This is the most important ankle strengthening exercise since it strengthens the muscles that prevent you from twisting your ankle inward. Begin by attaching a piece of rubber tubing around the front of your foot, just behind your toes. Attach the other end of the tubing to an immovable object (i.e. the base of the bars or beam). While in a sitting position, begin with your foot turned in towards your opposite foot. Then, move your foot outward away from your opposite foot as far as it can go. Return back to the turned-in starting position. Do not allow the tension on the tubing to snap your foot back towards the turned-in position. You

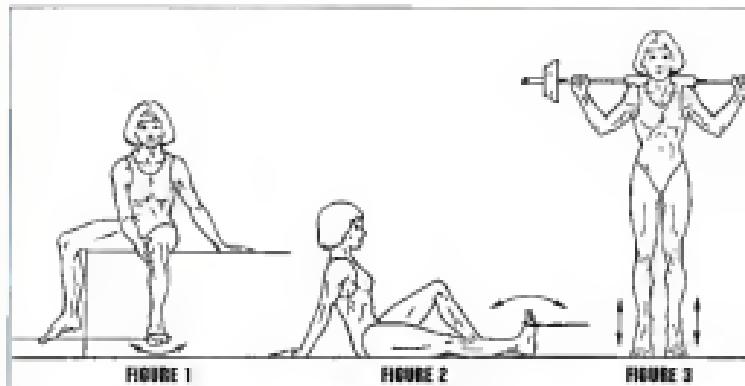


FIGURE 1

FIGURE 2

FIGURE 3

should return back to the turned-in position in a slow and controlled manner. The movement from turn-in to turn-out to turn-in completes one repetition of the exercise. Perform three sets of 15-20 reps with at least 30 seconds rest between sets (see figure 1).

To make sure you do not cheat by using your hip muscles, place your hands on your knee to prevent your knee from swinging as you move your foot. Your ankle should be positioned directly below your knee. Your foot and ankle are the only parts of your leg that should be moving during the exercise.

2. ANKLE FLEXION EXERCISES

Attach the rubber tubing as described above. Sit on the floor with your knee straight (fully extended). Begin with your foot and ankle pointed then flex your ankle by moving your foot towards your knee. Return in a slow, controlled manner towards the pointed position. The movement from point to flex to point completes one rep of the exercise. Perform three sets of 15-20 reps with at least 30 seconds rest between sets (see figure 2).

3. TOE RISES

There are many ways to do toe rises but the best way is to gradually add resistance. If a weight

machine is available, either the shoulder press or bench press part of the machine may be adapted for this exercise. Free weights may also be used. In both cases, the weight should be applied over the shoulders. Note: the weight bar may need to be padded to protect the shoulders. See figure 3.

Another way to perform toe rises is with manual resistance. Have a friend assist you in this exercise. Position yourself in a pike position and rest your hands on a stack of mats or a low beam. Your friend then resists you while you perform the toe rises (see figure 4). You should not do this exercise if it causes pain in your back.

Rubber tubing may also

be used for this exercise. Attach one end of a rubber tubing to your foot. You hold onto the other end of the tubing. Sit on the ground with your knee straight (fully extended). Begin with your foot flexed, then point your foot. Return in a slow controlled manner to the flexed

- been given over a range of numbers. The purpose of this range is to allow you to follow the progression of strength in your muscles.
- You begin by finding a tension on the rubber tubing that will only allow you to perform three sets of the lower number of reps (ie 15). Continue to use



FIGURE 4



FIGURE 5

the next set by increasing

position to complete one rep. (See figure 5).

Frequently gymnasts perform as many as 100 toe rises per set when weight or rubber tubing is not used. Only three sets of 25-35 reps need to be performed if resistance is added.

4. BALANCING EXERCISES

It is very important to be able to balance on one leg with your eyes closed for one minute. Please see the article on balancing printed in the March/April '90 issue of USA Gymnastics.

GUIDELINES

1. For each exercise the number of reps per set has

- that same tension until three sets of the higher number of reps can be performed (ie 20). Then, increase the tension and return to the lower number of reps. Therefore, over a period of time you gradually increase the resistance (tension) as your muscles become stronger.

2. These exercises should be performed every other day.

3. These exercises should not cause pain in your ankle or in an injured muscle. If pain is present, decrease the number of reps, decrease the tension, or stop doing the exercise.

4. Please seek the advice of your coach before doing these exercises. Proper supervision is necessary.

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TIGHE KING ELECTED PRESIDENT OF USGSA

At the September General Membership Meeting held in New Orleans at the USGF Congress, members were elected to the United States Gymnastics Suppliers Association.



Lenzy A. (Tighe) King, Jr. was elected President of the 31 member Association. Mr. King is President/CEO of Tighe Industries, Inc., parent company of Alpha

Factor. Mr. King will lead the USGSA for the next two years. Other officers elected were: Vice President, Bob Mancino of Mancino Manufacturing Co.; Secretary, Linda Beran of Pegasus Gymnastics Equipment, Inc.; Treasurer, Sandy Gerstung of Gerstung/Gyro-Tring Inc., and Board of Directors, Troy Robinson of CSC Sports, Ken Cywinski of AAI and John Salvo of Sparta Anderson.

The USGSA was established in 1986 to help plan and organize, through a cooperative effort with the USGF, the exhibit area of the annual USGF Congress, to facilitate two-way communications with the USGF and member firms, and provide support for continued growth of gymnastics in the U.S.

A special presentation was made to retiring president, Gary Gibson of Gibson, Inc. Mr. Gibson was cited for outstanding leadership in establishing the USGSA and fostering its growth during his four year tenure.



Jason Gibson from All American Gymnastics in Mesa, AZ.

USGF REGIONAL TESTING

The annual USGF Regional Testing for 10-11 year old boys took place recently and 68 boys participated. The purpose of the testing is to identify talented gymnasts early and to ensure that each boy is executing skills correctly—just another step in the men's program to make the U.S. team stronger at international events.

Robert Cowan, men's program administrator at the USGF, said, "I believe we are experiencing a deepening of talent in the testing. The scores are moving closer together and when you look at the number of athletes which are separated by a margin of less than a tenth, this is even more apparent."

TOP 25 BOYS AND THEIR RANKING

1.	Jason Gibson	Region I	63.43
2.	Ivan Frolin	Region III	59.97
3.	Jason Borzovitch	Region IV	59.61
4.	Yevgeni Tomita	Region I	59.29
5.	John Brooker	Region I	59.16
6.	Freddie Umah	Region I	59.05
7.	Morgan Bourque	Region III	58.94
8.	Levi Turkelson	Region III	58.81
9.	Ryan Roberts	Region IX	58.72
10.	Sean Townsend	Region III	58.13
11.	James Havens	Region IV	57.60
12.	J.C. Ketchen	Region III	57.49
13.	Will Johnson	Region VIII	57.12
14.	Mike Alexander	Region IX	56.89
15.	Jamie Natale	Region VII	56.20
16.	Jon Carroll	Region VIII	55.72
17.	Brian Kuepper	Region V	55.58
18.	Troy Pauchant	Region VII	55.50
19.	Lance Bybee	Region IX	54.88
20.	Jon White	Region IX	54.62
21.	Danny Wittenberg	Region I	54.59
22.	Scott Veltre	Region VII	53.90
23.	Gang Storer	Region VI	53.94
24.	Troy Smith	Region IV	53.04
25.	Jeff Kelly	Region IV	52.80

USECA AWARDS

Each year the United States Elite Coaches Association for Women's Gymnastics award individuals for their contributions to gymnastics. The 1990 award winners were:

Coach of the Year	Todd Giedler
Choreographer of the Year	Ginni Wilmending
"Rookie" of the Year	Bob Peterson
Judge of the Year	Linda Beran and Judy Dobrasky
Contributor of the Year	Muriel Grossfeld

CONGRATULATIONS!

GYMNASTICS

UPDATE

RON BRANT

U.S. Olympic Training Center

Ron Brant is the men's gymnastics coach and administrator at the U.S. Olympic Training Center in Colorado Springs, Colo.

"I do a little bit of everything," said Brant. "From running competitions to conducting workshops to implementing educational opportunities and coaching, which is my priority."

Brant is a former coach at Loveland Gymnastics Center in Loveland, Colo. He also worked with the University of Illinois for over two years. Now Brant oversees the gymnastics program at the Olympic

Training Center which presently has five permanent residents.

"Gymnasts come in for three to four months, usually in between their own programs," said Brant. "Our goal is to provide an atmosphere for gymnasts to come in, anywhere from a week to a year, and have an analysis done in order to help their gymnastics."

The Training Center has great facilities offering assistance in many areas such as a video tape analysis, nutrition, biomechanics, exercise physiology, sports psychology, weight

training and other departments to help the athlete.

The U.S. Olympic Training Center will help the overall gymnastics program. It is a valuable resource that will facilitate the exchange of information for those at the elite level. The program will help the clubs, USGF, and

MCAA work together.

In order to be eligible to train at the Olympic Training Center one must be at one of the following levels: Junior National Development Level, Junior National Team Level, Junior Elite Team Level, Senior Development Level or Senior Elite Team Level. If a gymnast is at one of these levels and would like to train at the U.S. Olympic Training Center, he should contact Robert Cowan, USGF men's program administrator.

Two projects currently in the works at the Training Center are: a four day workshop for elementary teachers to introduce gymnastics at the elementary level and the development of a master's program in coaching.



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FACES IN THE GYM



DENNIS HARRISON
Omaha, Nebraska

Dennis, 18, is a freshman at the University of Nebraska. In his first year on the U.S. Senior Elite Development Team, he earned the bronze medal on floor and vault at the '90 U.S. Olympic Festival. Dennis trains at Cahoy's Gymnastics Training Center in Reliance when he's not at Nebraska.



ANNE WOYNEROWSKI
Mountain Lakes, New Jersey

Anne, 13, trains at North Stars Gymnastics in Fairfield and is a first-year squad member of the U.S. Junior National Team. She tied for sixth all-around at the U.S. Championships and tied for the silver medal on vault and the bronze medal in the all-around at the '90 U.S. Olympic Festival.



FRANCA ABBATIELLO
San Pedro, California

Franca, 14, tied for fourth all-around at the 1990 U.S. Rhythmic Championships and earned the silver medal at the 1990 National Ranking meet. Franca trains at Coastline Classics in Redondo Beach and this is her third year on the Junior National Team.

Each issue of USA Gymnastics will feature several individuals who have excelled in gymnastics, either by competition, coaching or some other way. If you, or someone that you know, has achieved an accomplishment in the sport of gymnastics, write two or three sentences about the person and include a recent photograph, quality black and white or color, showing only the candidate. (School or class photo would be perfect.)

Send to USA Gymnastics, Pan American Plaza, 201 S. Capitol Ave., Ste. 300, Indianapolis, IN 46225.

IN ADDITION

- Jan/Feb issue—Nov. 15
- Mar/April issue—Jan. 15
- May/June—Mar. 15
- July/August—May 15
- Sep/Oct issue—Jul. 15
- Nov/Dec issue—Sept. 15



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GYMNASTICS

UPDATE

KIM ZMESKAL WINS

WOMEN'S SPORTS FOUNDATION'S UP & COMING AWARD



Standing only 4' 7" tall, Kim Zmeskal is one of Karoly's biggest stars.

Kim Zmeskal, the 1990 U.S. National Champion, was selected as a recipient of the Women's Sports Foundation's Up & Coming award in the artistic category. The award honors 10 female athletes who have distinguished themselves in a variety of sports and show the promise of becoming America's next world champions.

Zmeskal, 14, is from Houston, Texas, where she trains at Karoly's Gymnastics. For such a young age, Kim has a long list of accomplishments. She has

scored four perfect 10's in her career thus far—on floor exercise at the 1990 Arthur Cander Memorial in Montreux, Switzerland, on vault and floor exercise at the 1990 U.S. Challenge in Las Vegas, Nev.; and on vault at the 1990 McDonald's Challenge USA-USSSR in San Jose, Calif.

Kim was also chosen as the "1990 Athlete of the Year" by her national teammates. All this... and she's only been in the sport of gymnastics for eight years!

TELEVISION GYMNASTICS EVENTS

In each issue of USA Gymnastics, we will update you on the air dates and times of gymnastics events which have been reported to us by the respective networks. These air dates, based on Eastern Standard Time, are subject to change by the network without notice. Consult your local television guide for the exact date and time in your area.

EVENT	LOCATION	NETWORK	EVENT DATE	DATE	TIME (EST)
McDonald's America Cup	Orlando, FL	NBC	Feb. 20	Feb. 26 (Sat.)	8:00-8:30 p.m.
McDonald's International Mud Pup	Atlanta, GA	ESPN	Feb. 28	Mar. 4	10:00-11:30 p.m.
NCAA Champs. (M)	University Park, PA	CBS	April 19-20	April 21	10:00-11:00 p.m.
NCAA Champs. (W)	Tempe, AZ	CBS	April 19-20	April 21	10:00-11:00 p.m.
U.S. Champs. (M)	Orlando, FL	NBC	June 17	June 20	10:00 p.m.
U.S. Champs. (W)	Orlando, FL	NBC	June 17	June 20	10:00 p.m.

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SEEKING EMPLOYMENT

Nikolai Miltigalo from the Soviet Union is looking for a coaching position in the US. He was a Member of the Soviet Team at the 1980 Olympic Games. He has been coaching for the last 20 years. He has worked with both men and women and can teach beginning or elite levels. If you are interested contact Vladimir Solntsevskii at 312-232-6574.

Rebecca Underwood is a Class 4 coach at Duluth Gymnastics Club in Duluth, Minnesota. I would like to spend a year in the states coaching gymnastics. If interested, contact: Duluth Gymnastics Club, 158 Wadsworth Gardens, Duluth, Georgia 30136. Attn: Andy Pekkanis.

Vera Martsova is seeking a position as a rhythmic coach, choreographer or instructor. I'm from Soz. Bulgaria and speak English, French, Russian, German and my native language. Member of Bulgarian national Rhythmic team in World Championships in 1967, 1969 and 1971. Graduated law school, sports reporter for Bulgarian TV since 1973. Coached 8 Olympic Games as part of my job. For more information contact Fred Pash, Men's Gymnastics Coach, Temple University, Philadelphia, PA 19122 (215) 957-7552.

Luc and Maria Cozza are ex-Romanian National coaches and choreographers. They are presently living in Heidelberg, Germany and coaching an American elite gymnas. The Cozzas are interested in working in the US as coaches. Experience with Daniela Silveira, Austria Dodes, Barbara Salas, etc. Contact Mr. and Mrs. Cozza in Box 100121, 72-4900 Heidelberg, Federal Republic of Germany.

Mr. Zhao XueYi is an Olympic level gymnastics coach from the People's Republic of China. He is in the US as a guest lecturer/teacher at Wheaton College. He has 14 years which can be extended beyond 1991. He is looking for employment in a high level gymnastics program in the US. He speaks good English and can teach boys or girls. Zhao XueYi, c/o Tony Ladd, Wheaton College, 561 East Seminary Dr., Wheaton, IL 60187 (708) 292-2730.

FOR SALE

GYMNASICS SCHOOL FOR SALE. Located in the fastest growing area north of San Francisco Opened in 1984 in a new 13,000 sq ft facility. Entire floor-space is padded and carpeted. Completely equipped, includes a drama, a 24 x 34 x 8' pro and recr. "Advanced" spring floor. All equipment is in excellent condition. Includes a complete "KIDS/SPORTS" program. Special Olympics, Jr. for High, Cheerleaders, and Birthday Parties are additional programs. Top-level boys and girls teams (14 boys and 40 girls), have received a standing team throughout Northern California. Established in the heart of the beautiful West Country. Nova Gymnastics Academy, 3635 Sandusky Ave., Santa Rosa. Call (707) 525-2272 or write.

SCOREMASTER, the ultimate women's and men's Team and Meet Management system, just get better! SCOREMASTER provides individual and team results for competition and/or instructional use. Teamspoint is used in over 30 states at the local, sectional, state, regional, national and international levels.

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CLASSMASTER. From the developers of SCOREMASTER comes CLASSMASTER, a complete class management system for your gymnasium. Designed to increase your gym's profitability, CLASSMASTER fully automates functions such as registration, student and responsible party record maintenance, class scheduling and enrollment, accounts receivable and much of the daily business office activity in your gym. These modules in your business plan to exchange when using CLASSMASTER to help you make sound marketing, collection and curriculum decisions. CLASSMASTER is password secured and comes with support on-line technical and documentation. CLASSMASTER is interfaced with SCOREMASTER and your accounting system. Write or call Mathew Systems, 1111 Long Run Lane, Charlotte, NC 28214, (704) 388-7044 for more information.

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Olympic Gymnastics Facility for sale. Established eight years. Park Avenue Gym in Hallandale, Florida with 25,000 sq ft. Fully equipped men's women's and preschool apparatus. A licensed dance studio with raised proptet floor. Also newly remodeled office and above ground pool suitable for camp. Chronicle of over 700. Very strong preschool, recreational and team class programs. For information call (305) 988-3442 or 1997 291-2130.

GYMNASICS CLUB FOR SALE. Small club located in SC. All girls' equipment. Competitive/progressing every month. The business has been established for 4 years. Great opportunity for an individual or couple who would like to build a program from an established base. Current enrollment 180 students. Owner will finance for the right person. Please reply to M. Gates, 801 Penn St., Lancaster, SC 29720.

RABBIT SCORES—Superfast scoring program for PC, etc. compatible, and also for MAC. Scores events in less than a second. Maintains running display during runs. Used in competitions at all levels, many state and regional meets, American Class and US Class Nationals. Easy-to-use, forgiving menu/wizard. Unique features now work, prevent errors. CLASS, easy-to-use REPORTS. Use for USGF. Ranks together 250 competitors, 100 teams. Award labels. Flexible age/skill divisions compatible for teams, etc. Can set Rhythmic, Mass. Options for electronic leader displays (based on USA-USGF meet R/79). For PC, etc. \$11.95 ppd. For MAC, inc. \$13.95. Texas HS Action version \$49.95. J.D. Hopkins, Box 2792, Stanford, CA 94301, 415-495-1703.

POSITION AVAILABLE

Rhythmic Gymnastics of Northern Virginia is now accepting applications for **FULL-TIME COACHES**. Salary/benefits commensurate with experience and demonstrated ability. Call and send resume to: Milan Stankovic, 5951 Gaines Road, Fairfax, VA 22032. (703) 322-0888.

Openings for boys and girls coaches. Basic thru senior level positions available. Must have previous experience working with boys and be knowledgeable in gymnastics. Commuted and dependent. Call Gym Quest Gymnastics, Napa, CA. (707) 255-3259.

POSITIONS AVAILABLE IMMEDIATELY. Come to the San Francisco Bay Area and work in a well-established program, 600 strong. Looking for the right people to coach both recreational and competitive programs, levels 1-11. We are the YMCA California State Championships with a newly equipped Gym. Salary commensurate with experience including medical and dental benefits. Paid Vacation for full time. Both full and part-time positions available. Dance experience preferred. Call Boxes (415) 843-0138 or send resume to: North Bay YMCA Gymnastics Center, 1999 Broadway, Vallejo, CA 94590 (415) 758-1001.

Seeking motivated, responsible, competitive coach for Levels 3 thru 10. Must have advanced spotting skills. Call (707) 525-2272. If facility is fully equipped and we have an excellent program, salary negotiable. Send resume to: World Cup Gymnastics, 404 Timber Lane, Marlboro, NJ 07746. Attn: Barbara. Or call (201) 792-2543.

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SUMMER CAMP COUNSELORS The Wakonda Camps, a coed camp in Canton, Maine. One of America's top general camps seeks enthusiastic gymnastic counselors, age 20+. Sporing/teaching, beginner and intermediate classes, swimming, general camp duties. Located in pristine lakefront setting in Central Maine. Must be available June 17-August 18. Contact Eric/Laura Scoblicko, 1305 Merklin Rd., Columbus, OH 43294. (614) 835-3177.

GYMNASТИCS INSTRUCTOR/COACH—to work with girl's team, USGF levels, and boy's program. Should be energetic, love children, with good speaking skills, as well as some administrative ability. New 4,000 sq. ft. facility, USGF Member Club, fully equipped with multiple girls' equipment & boys' equipment, plus two dance studios. Located in the beautiful mountains of Southwest Virginia just off I-81 at Interstate 62. Great opportunity for the right individual or husband/wife team with possibility of buying. Contact Kyle Steele 703-783-8899 or write Mountain Empire Gymnastics, 120 Bridgewater Pl., Marion, Va. 24750.

COACHES NEEDED We need coaches for new 20,000 square foot, fully air conditioned gymnastic facility in Louisville, KY. Must be experienced in coaching girls and boys/beginners to elite. Excellent starting salary and benefits. Call Terry Potts at (502) 263-5262.

MIDWESTERN COACH WANTED We have a unique opportunity for someone highly qualified in gymnastics, to relocate to the Atlantic City area of New Jersey. Live by the ocean and coach at our new, "State of the Art" facility. Living accommodations are provided. Must be able to live and work among a young, enthusiastic and friendly service staff. If you are interested please call Todd White at 609-299-2999 or 423-993-1166.

POSITIONS AVAILABLE IMMEDIATELY Come to the San Francisco Bay area and work in a well established program, 600 strong. Looking for the right people to teach both recreational and competitive programs, levels 1-10. We are the YMCA California State Champions with a newly equipped Gym. Salary commensurate with experience including medical and dental benefits. Full position for full time. Both full and part-time positions available. Please apply preferred Call Diane (415) 623-0134 or send resume to North Bay YMCA Gymnastics Center, 1899 Broadway, Vallejo, CA 94590 (415) 621.

CHRISTIAN GYMNASTS AND COACHES WANTED to travel overseas with athletic ministry. An opportunity for international competition, cultural experience, and the chance to share the Christian faith. Must be at least 17. All levels of gymnastics welcome. Please write Athletes in Action, 2009 Lexington Ave., Suite 300, Colorado Springs, CO 80903. Or call (719) 593-6200.

The Chicago Park District is actively seeking coed **GYMNASTIC COACHES** for centers throughout the city of Chicago. The starting salary is \$25,700-\$34 per year. The benefits include pension, health medical, hospitalization, dental, paid sick leave and paid vacation. Persons who are proficient in Spanish and English are encouraged to apply. The Chicago Park District is an equal opportunity and affirmative action employer. Persons interested should contact White at (312) 733-7223 or write Ms. White at 429 E. Matherfield, DePaul, Chicago, Illinois 60637.

SUMMER EMPLOYMENT Outstanding 8-week girls camp in Maine needs a Director of Gymnastics to head a staff of 3 to oversee team, vault, floor, and uneven bars. Must direct Aerobics Program and have working knowledge of free weights. Previous teaching experience preferred. Enthusiasm and love of children required. Excellent salary, travel allowances, team board, laundry, uniforms, and illness provided. For information and application call 207-463-0100, 307-754-1867 days 301-345-0249 or 207-783-4625 evenings or weekends.

BOY'S CLASS AND TEAM COACH Boy's progressive classes and coach Class 5-12 competitive teams. Program development. Salary negotiable. Send resume to Terry Doster, Lakewood YMCA, 3228 Cleveland Heights Blvd., Lakewood, FL 33089. (313) 648-2525.

GYMNASIUM STAFF City of gymnasiums program seeks top flight motivated & enthusiastic gymnastics staff to supervise and directed first growing 600+ student recreational/competitive programs. Located in the fabulous San Francisco peninsula. Responsibilities include planning, development, training, instruction, evaluation, safety, and budgeting. Excellent salary and benefits including annual bonus, 13 days vacation, 16 holidays, life and medical insurance, dental and vision plan and fully paid PERS retirement program. Financial positions also available. Send resumes to: Dick Aune, c/o City Center, Menlo Park, Calif. 94025.

CLASSIFIED AD RATES:

\$20 for 90 words or less. Send Check or Money Order along with your classified ad copy to United States Gymnastics Federation, Pan American Plaza, 301 S. Capital Ave., Ste. 300, Indianapolis, IN 46225. Deadlines are as follows:

Issue	Deadline to receive copy
Jan/Feb	November 15
Mar/Apr	January 15
May/June	March 15
Jul/Aug	May 15
Sep/Oct	July 15
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HOUSING REQUEST

FAN/SPECTATORS

Housing requests must be made on this form. Reservations by phone will not be accepted. Reservations can be received by FAX. To reserve a room, complete this form and mail to:

WGC Housing Bureau
Indianapolis Convention & Visitors Association
One Hoosier Dome, Suite 300
Indianapolis, IN 46225 USA
FAX: 317/684-2492 Information: 317/620-1991

*Deposit of \$100 per room is required with reservation. One half of the total room charge must be paid upon arrival, the remainder upon departure.

Reservation Form

Please print or type:

Name: _____

Address: _____

City: _____

State/Province: _____ Postal code/ZIP: _____ Country: _____

Phone: _____ FAX: _____ Telex: _____

Date: _____

*Upon receipt of your request, you will be sent an acknowledgement from the WGC Housing Bureau and a confirmation from the hotel.

Payment

Major Credit Card: _____

Card #: _____ Exp. Date: _____

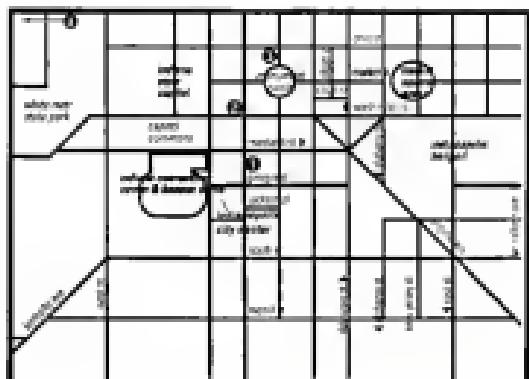
Signature: _____

OR

Wire funds to account INB NATIONAL BANK ROUTING NUMBER 27400002, ACCOUNT NUMBER 39-023-315

Total Funds Wire or Enclosed: \$US _____ Signature: _____

All charges and cancellations must be made in writing to the WGC Housing Bureau before August 16, 1991. After that date, you must cancel at least 72 hours prior to arrival, directly with your hotel. To avoid forfeiting your deposit.



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1. Canterbury Hotel
2. Embassy Suites Hotel
3. Hilton at the Circle
4. University Place



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RATES

Single	\$ 90	(One person/one bed)
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Twin	\$ 95	(Two people/two beds)
Triple	\$105	(Three people/two beds)
Quad	\$115	(Four people/two beds)

NUMBER OF ROOMS

TOTAL

Arrival Date _____ Departure Date _____

EMBASSY SUITES

A 360-all suite property located one block from the Hoosier Dome, with a restaurant, lounge and indoor pool. Rate includes breakfast and two hours of complimentary cocktails in the evening.

RATES

Single	\$ 94	(One person/one bed)
Double	\$ 94	(Two people/one bed)
Twin	\$ 94	(Two people/two beds)
Triple	\$104	(Three people/two beds)
Quad	\$104	(Four people/two beds)

NUMBER OF ROOMS

TOTAL

Arrival Date _____ Departure Date _____

CANTERBURY HOTEL

A 98-room English-style hotel located one block from the Hoosier Dome, with a restaurant and lounge.

RATES

Single	\$122	(One person/one bed)
Double	\$122	(Two people/one bed)

NUMBER OF ROOMS

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A 279-room hotel located ten blocks from the Hoosier Dome that includes a food court, restaurant and lounge.

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(\$10/Per Rollaway Per Night)		

NUMBER OF ROOMS

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(Please list hotels in order of preference)

* If the above choices are booked, please place me in (check one):

A hotel as close to the Hoosier Dome as possible. A hotel with a comparable rate.

* Guest Names _____

* Any Special Requirements? _____

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